

Interfaith Vegan Coalition

CATHOLIC KIT



Demonstrating the Catholic Ideals of Harmlessness and Universal Lovingkindness

QUOTES FROM POPE FRANCIS:

Pope Francis wrote his recent encyclical to all Catholics, *Laudato Si'*, telling us that it is our responsible stewardship to cherish all creatures “Because all creatures are connected, each must be cherished with love and respect, for all of us as living creatures are dependent on one another.” LS:42 The Catechism of the Catholic Church also teaches kindness to God’s creatures n.2416.

In his announcement of the Holy Year of Mercy he declared, “I am confident that the whole Church, which is in such need of mercy for we are sinners, will be able to find in this Jubilee the joy of rediscovering and rendering fruitful God’s mercy, with which we are all called to give comfort to every man, every woman every animal in our time.... Let us henceforth entrust this year to the Mother of Mercy, that she turned her gaze upon us and watches over our journey of mercy” (Homily at the Celebration of Penance, March 13, 2015).

“We are not God. ... [N]owadays we must forcefully reject the notion that our being created in God’s image and given dominion over the earth justifies absolute domination over other creatures.”



“Clearly, the Bible has no place for a tyrannical anthropocentrism unconcerned for other creatures.”

“In our time, the Church does not simply state that other creatures are completely subordinated to the good of human beings, as if they have no worth in themselves and can be treated as we wish.”

“[W]hen our hearts are authentically open to universal communion, this sense of fraternity excludes nothing and no one. It follows that our indifference or cruelty towards fellow creatures of this world sooner or later affects the treatment we mete out to other human beings.”

“Every act of cruelty towards any creature is ‘contrary to human dignity.’”



“[T]he creatures of this world no longer appear to us under merely natural guise because the risen One is mysteriously holding them to himself and directing them towards fullness as their end.”

“The very flowers of the field and the birds which his human eyes contemplated and admired are now imbued with his radiant presence.”

“An inadequate presentation of Christian anthropology gave rise to a wrong understanding of the relationship between human beings and the world. Often, what was handed on was a Promethean vision of mastery over the world, which gave the impression that the protection of nature was something that only the faint-hearted cared about. Instead, our ‘dominion’ over the universe should be understood more properly in the sense of responsible stewardship.”

“[St. Francis’] response to the world around him was so much more than intellectual appreciation or economic calculus, for to him each and every creature was a sister united to him by bonds of affection. That is why he felt called to care for all that exists.”

“If we approach nature and the environment without this openness to awe and wonder, if we no longer speak the language of fraternity and beauty in our relationship with the world, our

attitude will be that of masters, consumers, ruthless exploiters, unable to set limits on their immediate needs. By contrast, if we feel intimately united with all that exists, then sobriety and care will well up spontaneously.”

From the Laudato Si of Pope Francis: “92. Moreover, when our hearts are authentically open to universal communion, this sense of fraternity excludes nothing and no one. It follows that our indifference or cruelty towards fellow creatures of this world sooner or later affects the treatment we mete out to other human beings. We have only one heart, and the same wretchedness which leads us to mistreat an animal will not be long in showing itself in our relationships with other people. Every act of cruelty towards any creature is “contrary to human dignity”.^[69] We can hardly consider ourselves to be fully loving if we disregard any aspect of reality: “Peace, justice and the preservation of creation are three absolutely interconnected themes, which cannot be separated and treated individually without once again falling into reductionism”.^[70] Everything is related, and we human beings are united as brothers and sisters on a wonderful pilgrimage, woven together by the love God has for each of his creatures and which also unites us in fond affection with brother sun, sister moon, brother river and mother earth.

QUOTES FROM THE CATECHISM OF THE CATHOLIC CHURCH

“It is contrary to human dignity to cause animals to suffer or die needlessly.”

QUOTES FROM THE SCRIPTURE

Genesis 1:29-31

I give you all plants that bear seed everywhere on Earth, and every tree bearing fruit which yields seed: they shall be yours for food. All green plants I give for food to the wild animals, to all the birds of heaven, and to all reptiles on Earth, every living creature, it shall be theirs for food.

1 Corinthians 8:13

Therefore, if what I eat causes my brother or sister to fall into sin, I will never eat meat again, so that I will not cause them to fall.

Romans 14:20-21

21 It is better not to eat meat or drink wine or to do anything else that will cause your brother or sister to fall.



HYMNS, SONGS

All Creatures of Our God and King: <http://www.godsongs.net/2012/01/all-creatures-of-our-god-and-king.html>

All Things Bright and Beautiful: <http://www.godsongs.net/2011/11/all-things-bright-and-beautiful.html>

Think of a world without any flowers: http://www.billysloan.co.uk/songs/think_of_a_world_without_any_flowers.html

BOOKS/ARTICLES

Dominion: The Power of Man, the Suffering of Animals, and the *Call to Mercy*: by Matthew Scully

Mind if I Order the Cheeseburger? Specifically, Ch.9, “Doesn’t God value us more than the other animals?”: <http://www.mindifiorderthecheeseburger.com>

Peace to All Beings: Veggie Soup for The Chicken’s Soul by Judy Carman

The Dominion of Love: Animal Rights According to the Bible by Norm Phelps

The Lost Religion of Jesus: by Keith Akers

“The Non-Violent Life” <http://www.fatherjohndear.org>

The School of Compassion: A Roman Catholic Theology of Animals: by Deborah M. Jones

Vegetarian Christian Saints by Holly Roberts

“Theologically motivated Veganism,” <https://www.all-creatures.org/articles/an-tpr-theologically-motivated-veganism.pdf>

DOCUMENTARIES, VIDEOS, INTERVIEWS

Catholic Social teaching and Animal Rights with Dr. Charlie Camosy (Georgetown University) <https://www.youtube.com/watch?v=09ZodqBdsL4>

Father Frank Mann Vegan Awakening: <https://www.youtube.com/watch?v=4ekOPyXGs3Q>



Honoring God’s Creation: <http://www.all-creatures.org/book/r-honoring.html>

Fordham University professor and author of *For the Love of Animals*, Charles Camosy, and Tami Kowal, “Catholic Vegan Mom,” discuss veganism and Catholicism. <http://www.unity.fm/program/mainstreetvegan>.

PRAYERS

<http://www.all-creatures.org/prayers/index.html>

<https://catholic-animals.com/activities/catholic-spirituality/prayers-for-creation/>

<http://www.circleofcompassion.org>



RITUALS/CEREMONIES

Going vegan for Lent: Thousands of Catholics agreed to eat plant-based for Lent. <https://www.livekindly.co/thousands-of-catholics-pledge-to-go-vegan-for-lent/>

Animal Focused Liturgy: <https://catholic-animals.com/liturgies/>

Vegan Easter: Candy: <http://www.peta.org/living/food/bunny-approved-vegan-easter-candy/>

Eggs: <http://www.eggnots.com>

As St. Francis' Feast Day is Oct. 4th in the midst of many opinions of politics, animals are often ignored when they are important to God and to our faith. St. Francis understood the Gospel and our relationship to God's creatures. He even felt such remorse for having a few bites of chicken, that he had someone tie a rope around him and drag him in the streets.

WEBSITES

All-Creatures: <http://www.all-creatures.org/crdir.html> They promote a vegan diet and help animals through a Hope For Strays program. They have an extensive archive of articles relating to Christianity and veganism.

Catholic Concern for Animals: <https://catholic-animals.com>

The Christian Vegetarian Association: <http://christianveg.com>

Compassionate Spirit: <http://www.compassionatespirit.com/wpblog/home/>

Free from Harm: <http://freefromharm.org/veganism/christian-basis-veganism/>

Jesus People for Animals: <http://www.jesuspeopleforanimals.com/get-active-foranimals/>

Jesus People for Animals <http://www.jesuspeopleforanimals.com/features/10-animal-friendly-quotes-from-pope-francis-that-you-might-have-missed/>

Vegan Catholic Life, Facebook: https://www.facebook.com/catholicveganlife/posts/?ref=page_internal

CATHOLIC ACTIVISTS

Chris Fegan: <https://twitter.com/christheanimal>

Father John Dear: <http://www.fatherjohndear.org>.



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